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ABSTRACT

This document presents an annotated bibliography of 18 books on the adult children on alcoholics. The books cited in this bibliography focus on such areas as co-dependency, the roles played by children in alcoholic homes, the impact of the parent-child relationship, anger, guilt, love, intimacy, interventions for chemically dependent persons, rules of the alcoholic family, breaking the cycle of addiction, recovery for adult children of alcoholics, change strategies, family secrets, and decision making. Citations are arranged alphabetically by author. (NB)

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ADULT CHILDREN OF ALCOHOLICS: AN ANNOTATED BIBLIOGRAPHY

History, Philosophy and
Practice of Adult Education

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TO THE EDUCATIONAL RESOURCES INFORMATION CENTER (ERIC)."

Beattie, Melody. Co-dependent No More. Harper and Row, New York, 1987.

Case stories are used to illustrate what co-dependency is. The characteristics of co-dependency are explained. Guidelines on how to help one's self become non-co-dependent are given. How to become your own person is a main theme of this book; you can think, feel, love, and get angry. The book is anecdotal and descriptive.

Black, Claudia. It Will Never Happen To Me. M.A.C. Publishing, Denver, Colorado, 1981.

The various roles that ACOAs play in the family as children are described as The Responsible One, The Adjuster, The Placater, and The Acting Out Child. The destructive rules of dysfunctional families are explained, "Don't talk-Don't trust-Don't feel." Examples of how to help children in alcoholic homes are presented. Exercises for identifying your feelings, crying, fear, anger, and guilt are included.

Bloomfield, Harold. Making Peace with Your Parents. The Key to Enriching Your Life and All Your Relationships. Balluntine Books, New York, 1983.

This book explains the impact your parent relationship has on your whole life. Examples of the problems are given and guidelines to solve them are outlined. The author explains how some of your conflicts are related to your image of your parents, as opposed to who they really are. We learn should's, ought's, and have to's from our parents. As adults we need to develop our own set of rules. The aging and death of parents is addressed. The book is very descriptive and anecdotal.

Jampolsky, Gerald. Loving Is Letting Go of Fear. Bantam Books, New York, 1970, 10th printing 1985.

This book describes what love is and where love comes from. Giving love to others is the only way to receive love. "The law of love is that you are love, and thus, as you give love to others you teach yourself what you are." Forgiveness, non-judgement, and peace are paths to love. Humorous illustrations are included to present concepts.

Jampolsky, Gerald G., Hopkins, Patricia, and Thetford, Williams N. Good-Bye to Guilt. Bantam Books, New York, 1985.

The author explains the difference between ego, the illusory mind and love, the true mind. Spirituality is the foundation of the approach used to remove guilt. "The ego can be defined as our body/personality or lower self. It is the part of our mind that is split off or separated from our spiritual mind, which contains only God's loving thoughts." Fourteen lessons intended to help the reader learn forgiveness, peace, and love are included.

Johnson, Vernon E. Intervention How to Help Someone Who Doesn't Want Help. Johnson Institute Books, Minneapolis, 1986.

This book explains what chemical dependency is and how to recognize if a person has the disease. People who are around the chemically dependent person also suffers from the effects of the disease. Their feelings of anger, shame, hurt, fear, and loneliness are discussed. The delusion systems of chemical dependency are explained. Detailed explanations and descriptions are presented on how to prepare for and conduct an intervention with a chemically dependent person.

Kritsberg, Wayne. The Adult Children of Alcoholics Syndrome From Discovery to Recovery. Health Communications, Inc., Pompano Beach, Florida, 1985.

The four rules of the alcoholic family are explained; rigidity, silence, denial, and isolation. The Family System Continuum from severely dysfunctional to highly functional is presented. ACOA's problems associated with abandonment and chronic shook are discussed. A recovery process which includes emotional discharge, cognitive reconstruction, and behavioral action is outlined. The Family Integration System, a system ACOAs can use to resolve family issues, is explained in detail with accompanying exercises.

Norwood, Robin. Women Who Love Too Much. Pocket Books, New York, 1985.

The author explains what is meant by loving too much. Fifteen characteristics of women who love too much are described. Unhealthy adult relationships are often times the result of growing up in a dysfunctional family. A correlation between alcohol addiction and addictive love relations is explained. A ten-step recovery program is outlined in detail. The book uses case histories to illustrate the content.

O'Gorman, Patricia A. and Oliver-Diaz, Philip. Breaking the Cycle of Addiction a Parent's Guide to Raising Healthy Kids. Health Communications, Inc., Pompano Beach, Florida, 1987.

This book will help ACOAs and alcoholics raise their children in a more healthy family environment. Twelve steps of recovery for parents are outlined and explained. Guidelines for children from pre-birth through adolescence are included. This book is very descriptive and anecdotal.

Rosellini, Gayle and Worden, Mark. Of Course You're Angry. Hazelden Educational Materials, Center City, Minnesota, 1985.

This book helps the reader learn to accept anger as a normal feeling and how to deal with anger without fear and guilt. The target reader is the recovering alcoholic or those impacted on by alcoholism. We all have feelings, this is part of our biology, but we have to learn how to express these feelings. Five anger styles are explained with strengths and weaknesses for each. Six questions can help the readers decide if they are violent. Myths about ventilating anger are explained. Guidelines and examples of how to express anger are given.

Rubin, Theodore Isaac. The Angry Book. Collier Books, New York, 1969.

Anger is natural, the way we respond is learned. We are all victims of victims, we must choose to change. Don't make waves and emotional isolationism are two blocks to feeling and showing anger. Anger does not kill healthy relationships. Anger can help and strengthen relationships. The book contains 103 questions to help the reader learn about anger and loving. This is not clinical, but it is professionally written.

Rush, Tom and Read, Randy. I Want to Change, But I Don't Know How! Price Stern Sloan, Inc., Los Angeles, California, 1986.

This book explains how people can change. Change the way they think, feel, and behave. The power to change is within all of us, but each person must decide to change. Step by step directions and exercises are included to help the reader make the changes they desire. Taking responsibility for one's self is the key theme to making changes in your life. The book talks to you when you read it.

Seixas, Judith S. and Youcha, Geraldine. Children of Alcoholism. A Survivors Manual. Harper and Row, New York, 1985.

The authors describe the family secrets that children live with. Four myths children live with are; "I caused this alcoholism. I'm not like anyone else. I have to be in control. Some how it will change." The problems children take into adulthood are presented. ACOAs as potential alcoholics is discussed and guidelines on testing your drinking patterns are given. Marriage and close relationships are discussed.

Wegscheider-Cruse, Sharon. Choice-Making. Health Communications, Inc., Pompano Beach, Florida, 1985.

Co-dependency is explained and the family patterns that create co-dependency are described, as well as the four stages: bonding, fear, emotional paralysis, and behavioral stuckness. The author tells her story about growing up in an alcoholic home. Guidelines to patients are given to help children in alcoholic homes. Family therapy and ongoing recovery are discussed.

Wegscheider-Cruse, Sharon. Coupleship How to Build a Relationship. Health Communications, Inc., Deerfield Beach, Florida, 1988.

"Intimacy is a basic human need and it shouldn't be confused with the need for sex." Loving is a skill that must be learned like any other skill. People, substances, behavior, and attitudes can be invaders which hurt a relationship. "Indifference, irresponsibility, and neglect doom the coupleship." Why some people stay together and other people should separate is explained. Guidelines on romance, fighting fair, sexuality, listening, and commitment are given.

Woititz, Janet G. Struggle For Intimacy. Health Communications, Inc., Pompano Beach, Florida, 1985.

This book is about relationship problems that ACOAs experience. The problems stem from 14 myths ACOAs have learned as a result of growing up in a dysfunctional family. The author presents the myths and then the truth, for example, "ACOA myth: We will never argue or criticize each other." "Truth: In the real world, couples argue from time to time and are critical of each other's behavior." The underlying concept for each myth/truth is explained in detail with anecdotal examples.

Woititz, Janet Geringer. Adult Children of Alcoholics. Pompano Beach, Florida, 1983.

Four chapters cover: what happened to you as a child, what is happening to you now, breaking the cycle, and what about your children. The author explains what ACOAs miss as children. The 13 characteristics of ACOAs are explained and anecdotal examples are given. Suggestions on how to change behavior patterns are discussed and illustrated. Ten guidelines for dealing with children of ACOAs are outlined.

Changing Legacies: Growing Up In An Alcoholic Home. Health Communications, Inc., Pompano Beach, Florida.

This book is a compilation of 15 professional articles dealing with children in alcoholic homes. The articles are written in a professional manner. Topics include pre-school-grade, school age children, community and school planning. The book is clinical in nature.